



Lifelong health + wellbeing for all



## How much screen time is right for my whānau?

The Ministry of Health recommends:

- **Less than 2 hours** of recreational screen time every day for tamariki aged **five and over**
- **Less than 1 hour** of screen time every day for tamariki **under five** years
- **0 hours** of screen time for tamariki **under two** years

The amount and type of screen time varies in each whānau. These questions may be useful to decide what is right for your whānau:

1. Is screen time in your home controlled (this includes everyone)?
2. Does screen use stop your whānau from doing things they want to do?
3. Does screen use stop your whānau from sleeping?
4. Are whānau able to control snacking during screen time?

## 7 Tips to reduce screen time

- **Have a plan and stick to it**  
Use the above questions as a guide to setting rules around screen use.  
Discuss the plan with your whānau and make sure everyone understands it.  
Use praise, be consistent and, if necessary, use consequences.
- **Be aware** of what your whānau are watching and playing.
- **Think about your own screen use** – tamariki copy what they see.
- **Kanohi ki te kanohi — face-to-face contact is important**  
Everyone needs regular offline play and conversations.  
Eat meals together with no screens.
- **Protect sleep**  
Turn off screens at least an hour before bedtime.
- **Be snack aware during screen time**  
Set a limit on snacks during screen time.
- Look at [www.netsafe.org.nz](http://www.netsafe.org.nz) for more ideas and information

Summarised from *The health impacts of screen time: a fact sheet for parents*  
The Royal College of Paediatrics and Child Health (United Kingdom), 2019.



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The healthy way to go

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